Customer No. 24113 Patterson, Thuente, Skaar & Christensen, P.A. 4800 IDS Center 80 South 8th Street Minneapolis, Minnesota 55402-2100

Telephone: (612) 349-5740 Facsimile: (612) 349-9266

APPLICATION TRANSMITTAL

Mail Stop Patent Application Commissioner for Patents P.O. Box 1450 Alexandria, VA 22313-1450

Sir:

Transmitted herewith for filing under 37 C.F.R. § 1.53(b) is the patent application of

INVENTOR(S): Barry S. Bjugstad, Michael Bayer

FOR: WEIGHTED TRAINING TAPE

Enclosed are:

[ ]

[]

[X]	Specification and Abstract - fifteen (15) pages.
[X]	Drawings - four (4) sheets (Figs. 1-11).
[ ]	Combined Declaration and Power of Attorney.
[ ]	Information Disclosure Statement.
[]	Assignment papers.
[ ]	CD-ROM or CD-R in duplicate, and Compact Disc Transmittal.

Request and Certification Under 35 U.S.C. 122(b)(2)(B)(i) (nonpublication).

	N 53 1	37. 5	Small Entity	0.0	Large Entity
	No. Filed	No. Extra	Rate	OR	Rate
Basic Fee			\$385	OR	\$770
Total Claims	11 - 20	= 0	x 9 = \$	OR	x 18 = \$
Independent Claims	3 - 3	= 0	x 43 = \$	OR	x 86 = \$
Presence of Multiple De	oendent Claim	+ 145	OR	+ 290	
		TOTAL	\$385.00	TOTAL	\$

[X] Applicants are entitled to small entity status in accordance with 37 CFR 1.27.

[ ]	A check in the amount of \$0- to cover the filing fee *[and Assignment recordation fee]* is
	attached. The Commissioner is hereby authorized to grant any extensions of time and to charge
	any fees under 37 C.F.R. §§ 1.16 and 1.17 that may be required during the entire pendency of this
	application to Deposit Account No. 16-0631.

[X] This application claims the benefit of U.S. Provisional Application No. 60/443,085, filed January 28, 2003.

Respectfully submitted,

J. Paul Haun
Registration No. 53,003

## CERTIFICATE OF EXPRESS MAIL

"Express Mail" mailing label number EV320341174US. Date of Deposit: January 28, 2004. I hereby certify that this paper is being deposited with the United States Postal Service "Express Mail Post Office to Addressee" service under 37 C.F.R. § 1.10 on the date indicated above and is addressed to the Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450.

| Jeanne Truman | Claume | Charles |
| Name of Person Making Deposit | Signature |